

**ABSTRACT**

The invention includes a system (100) and a method (200) for recording onto a storage medium (112) a video segment optimized for trick mode playback. The method can include the steps of: receiving (210) the video segment in which the video segment can contain at least one predictive picture; selectively forming (218) at least one shadow intra picture from at least one predictive picture; and inserting (222) at least one shadow intra picture into the video segment. Moreover, the shadow intra pictures can be ignored (236) during normal playback or a moderate speed trick mode playback.